## MANITOBA INDOOR AGE CLASS CHAMPIONSHIPS

February 28, 29, 2020

DATE: Friday and Saturday, February 28, 29, 2020

SANCTION: Athletics Manitoba

SPONSOR: **BOEING OF CANADA** 

**HOST:** Winnipeg Optimist Athletics

VENUE: James Daly Fieldhouse, Max Bell Centre, University of MB, Winnipeg

TIMING: Fully automatic electronic timing system – Omega Photo-timing Systems

AWARDS: 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place medals in all events including Elementary Relays

MEET HOTEL: Best Western Plus, Pembina Inn & Suites, 1714 Pembina Hwy - Winnipeg, R3T 2G2

Close to the University Ph - 204-269-8888 Fax - 204-269-8889

Toll Free Reservations: 1-877-269-8811

ENTRIES: **A)** Eligibility – All entrants must be registered members of Athletics Manitoba

and/or Athletics Canada.

**B) Entry Fees** 

• \$ 12.00 per event

- \$ 12.00 per each relay team
- Late Fees: \$18.00 per individual event and \$18.00 per each Relay Team
- Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.

### C) Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB

D) Entry deadline Received by February 23, 2020.

Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.

- E) Only entries using the Hy-Tek system or the Trackie.ca Registration online system will be accepted. <a href="https://www.trackie.com/online-registration/register/2020-boeing-indoor-classic/37963/">https://www.trackie.com/online-registration/register/2020-boeing-indoor-classic/37963/</a>
- F) No telephone or fax entries will be accepted.
- G) Seeded sections Please submit <u>accurate seed performances</u> in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.
- H) Questions to Larry Switzer email: <a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a> or 204-885-5714. Or Wayne McMahon email: <a href="mailto:gwaynemcmahon@gmail.com">gwaynemcmahon@gmail.com</a> or 204-261-0467

FINALS: 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant.

Other track events will be run as seeded timed final sections.

SPECTATORS: There will be a daily \$2.00 admission fee.

Event Change Reminder: Adopting the Athletics Canada Long Term Athlete Development Model, U14 age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and U16 age groups will compete at 300m and 1200m instead of 400m and 1500m.

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AGE CLASSES FOR 2020 :U12:	BORN in 2009 & later
U14:	BORN in 2007 & 2008
U16:	BORN in 2005 & 2006
U18:	BORN in 2003 & 2004
U20:	BORN in 2001 & 2002
SENIOR:	BORN in 1999 & earlier
MASTERS:	Age 35 and over

SHOT WEIGHTS:	U12 Boys & Girls	2.73 kg (6 lbs)
	U14, U16, U18 Women	3 kg
	TT4 4 3 F	0.1

U14 Men 3 kg U18 Men 5 kg U20 Men 6 kg

Senior Men 7.26 kg (16 lbs)

All others 4 kg

WEIGHT THROW: U18 Men & all Women 9.07 kg (20 lbs) U20 & Senior Men 15.88 kg (35 lbs)

ES: Hurdle Height To 1st Hurdle Between Hurdles

HURDLES:	<u>Hurdle Height</u>	To 1 <sup>st</sup> Hurdle	Between Hurdles
Senior Men	1.067m (42")	13.72m	9.14m
U20 Men	0.991m (39")	13.72m	9.14m
U18 Men	0.914m (36")	13.72m	9.14m
U16 Men	0.840m (33")	13.0m	8.5m
U14 Men	0.762m (30")	12.0m	7.5m
Senior & U20 Wome	n 0.840m (33")	13.0m	8.5m
U18 Women	0.762m (30")	13.0m	8.5m
U16 Women	0.762m (30")	12.0m	8.0m
U14 Women	0.762m (30")	12.0m	7.0m

<sup>•</sup> Races will only be run at these standard distances.

EVENTS: See accompanying chart on page 3. Athletes may enter an individual event in **only one age class**. Athletes may move up to compete in an older age group event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams.

### RELAYS: All teams members must be from the same Club or School.

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts will be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

<u>Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will change. Final Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.</u>

All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.

<u>U14 and U12 athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.</u>

## MANITOBA INDOOR AGE CLASS CHAMPIONSHIPS

February 28, 29, 2020

Events	U12	U14	U16	U18	U20	Senior	Special Olympic	Wheel Chair
	Boys/Girls	Boys/Girls	Boys/Girls	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
Year of Birth	2009& later	2007/2008	2005/2006	2003/2004	2001/2002	2000 & before		
60m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
150m	Yes	Yes	NO	NO	NO	NO	NO	NO
200m	NO	NO	Yes	Yes	Yes	Yes	Yes	No
300m	NO	Yes	Yes	NO	NO	NO	NO	NO
400m U18 & Up	NO	NO	NO	Yes	Yes	Yes	Yes	No
600m U12 only	Yes	No	No	No	No	No	No	No
800m	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1000m	Yes	No	No	No	No	No	No	No
1200m	No	Yes	Yes	NO	NO	NO	NO	NO
1500m	No	NO	NO	Yes	Yes	Yes	Yes	Yes
2000m	No	No	Yes	NO	NO	NO	No	No
3000m	No	No	NO	Yes	Yes	Yes	No	No
60m Hurdle	No	Yes	Yes	Yes	Yes	Yes	No	No
4x100m Relay	No	Yes	Yes	Yes	Yes	Yes	Yes	No
4x200m Relay	No	Yes	Yes	No	No	No	No	No
4x400m Relay	No	No	No	Yes	Yes	Yes	No	No
Shot Put	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Long Jump	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
High Jump	No	Yes	Yes	Yes	Yes	Yes	No	No
Triple Jump	No	No	Yes	Yes	Yes	Yes	No	No
Pole Vault	No	No	No	Yes	Yes	Yes	No	No
Weight Toss	No	No	No	Yes	Yes	Yes	No	No

- Other events may be added at the discretion of the meet organizers. Make early requests please.
- Masters Events for Men and Women may be added if there are three or more competitors in an age group.
- <u>U14 and U12 athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.</u>

## MANITOBA INDOOR AGE CLASS CHAMPIONSHIPS

February 28, 29, 2020

8.45 AM         Long Jump         U16 Women         Tentative           8.45 AM         Ling Jump         U14 Women         6:00 P.M.         Long Jump         U12 Women — Three trials           1:00 A.M.         Long Jump         U14 Women         7:00 P.M.         Shot Put         U12 Women — Three trials           4:00 P.M.         Long Jump         U18 Men         7:40 P.M.         Shot Put         U12 Women — Three trials           4:00 P.M.         Long Jump         U18 Men         7:40 P.M.         Shot Put         U12 Women — Three trials           4:40 P.M.         Shot Put         U18 Men         7:40 P.M.         Long Jump         Spec O Men then U20.+ SR. Men           Friday, Feb.         28, 2020 Track         Tentative         Friday, Feb. 28, 2020         Women         Spec O Men then U20.+ SR. Men           4:4 Dom Time Final         U14 Women         5:45 PM         Tentative         Evening Session           3:00m Time Final         U14 Women         6:00m Hurdle Final         U20 Men           4:100m Time Final         U14 Women         6:00m Hurdle Final         U18 Men           4:100m Time Final         U14 Women         6:00m Hurdle Final         U18 Women           6:0m Heats         U14 Women         6:00m Final         U18 Women      <	Friday Feb.	28, 2020 Field Ever	nts Morning	Friday, Fel	b. 28, 2020 Field Eve	ning Session
11:00 A.M.   Long Jump	8:45 AM	Long Jump	U16 Women	Tentative		
2-00 P.M.   Long Jump	8:45 AM	High Jump	U16 Men	6:00 P.M.	Long Jump	U12 Women – Three trials
4:00 P.M.   Long Jump   U18 Men   7:40 P.M.   Shot Put   U12 Women — Three trials   Specio Men then U20.+ SR. Men   Friday, Feb. 28, 2020   Friday,	11:00 A.M.	Long Jump	U14 Women	7:00 P.M.	Long Jump	U18 Women
4-45 P.M.   Shot Put	2:00 P.M.	Long Jump	U14 Men	7:00 P.M.	Shot Put	U12 Men – Three trials
Friday, Feb. 28, 2020 Track   Tentative   Friday, Feb. 28, 2020   Session   Some Time Final   U14 Women   Some Time Final   U16 Women   Some Time Final   U16 Women   Some Hurdle Final   Open Men   U20 Men   Some Hurdle Final   Open Men   U16 Women   Some Hurdle Final   U20 Men   Open Men   U16 Women   Some Hurdle Final   U20 Men   Open Men   U16 Women   Some Hurdle Final   U20 Women   Open	4:00 P.M.	Long Jump	U18 Men	7:40 P.M.	Shot Put	U12 Women – Three trials
8-45 AM   300m Time Final   U14 Women   5-45 PM   Tentative   Evening Session   U14 Men   60m Hurdle Final   Open Men   300m Time Final   U16 Women   60m Hurdle Final   Open Men   4x100m Time Final   U14 Women   60m Hurdle Final   U20 Men   4x100m Time Final   U14 Women   60m Hurdle Final   U20 Men   4x100m Time Final   U16 Women   60m Hurdle Final   U20 Men   4x100m Time Final   U16 Women   60m Hurdle Final   U20 Women   60m Hurdle Final   U20 Women   60m Hurdle Final   U20 Women   60m Heats   U14 Women   60m Hurdle Final   U18 Women   60m Heats   U14 Women   60m Final   U18 Women   60m Heats   U16 Women   60m Final   U18 Women   60m Heats   U16 Women   60m Heats   U12 Women   60m Heats   U20 Women   60m Hurdle Heats   U14 Women   60m Heats   U20 Women   60m Heats   U20 Women   60m Heats   U20 Women   60m Heats   U20 Momen   60m Heats   U20 Women   60m Heats   U20 Momen   60m Final   U14 Women   60m Final   U12 Women   60m Final   U14 Women   60m Final   U20 Women   60m Final   U16 Women   60m Final   U20 Women   60m Heats   U18 Women   400m Time Final   U20 Women   60m Herinal   U14 Women   400m Time Final   U20 Women   60m Herinal   U14 Women   400m Time Final   U20 Women   60m Herinal   U18 Women   400m Time Final   U20 Women   60m Herinal   U18 Women   400m Time Final   U20 Women   60m Herinal   U18 Women   400m Time Final   U20 Women   60m Herinal   U18 Women   400m Time Final   U20 Women   60m Herinal	4:45 P.M.	Shot Put	U18 Men	8:15 P.M.	Long Jump	Spec O Men then U20.+ SR. Men
300m Time Final   U14 Men   60m Hurdle Final   Open Men   Open Men   300m Time Final   U16 Women   60m Hurdle Final   Open Men   Ax100m Time Final   U14 Women   60m Hurdle Final   U20 Men   4x100m Time Final   U14 Women   60m Hurdle Final   U20 Men   4x100m Time Final   U16 Women   60m Hurdle Final   U18 Men   4x100m Time Final   U16 Women   60m Hurdle Final   U20 Women   60m Hurdle Final   U18 Women   60m Heats   U14 Women   60m Final   U18 Women   60m Heats   U16 Women   60m Heats   U12 Women   60m Heats   U16 Women   60m Heats   U12 Women   60m Hurdle Heats   U16 Women   60m Heats   U20 Women   60m Hurdle Heats   U16 Women   60m Heats   U20 Women   60m Hurdle Heats   U14 Women   60m Heats   U20 Women   60m Hurdle Heats   U14 Women   60m Heats   U20 Women   60m Hurdle Heats   U14 Women   60m Heats   U20 Women   60m Final   U12 Women   60m Final   U14 Men   60m Final   U12 Women   60m Final   U14 Men   60m Final   U20 Women   60m Final   U16 Women   60m Final   U20 Wom	Friday, Feb.	28, 2020 Track	Tentative		Friday, Feb. 28, 20	20
300m Time Final	8:45 AM	300m Time Final	U14 Women	5:45 PM	Tentative	Evening Session
300m Time Final		300m Time Final	U14 Men		60m Hurdle Final	U20 Men
4x100m Time Final		300m Time Final	U16 Women		60m Hurdle Final	Open Men
4x100m Time Final		300m Time Final	U16 Men		60m Hurdle Final	Open Men
4x100m Time Final 4x100m Time Final 60m Heats         U16 Mone U16 Mone 60m Hurdle Final 00m Heats         U12 Women 00m Hurdle Final U18 Women 00m Heats         U18 Women 00m Hurdle Final U18 Women 00m Heats         U18 Women 00m Heats U18 Women 00m Heats         U18 Women 00m Heats U12 Women 00m Heats         U12 Women 00m Heats U12 Women 00m Heats U12 Women 00m Hurdle Heats U16 Women 00m Heats U10m Time Finals U10m Time Finals U11 Women 00m Final U10m Time Final U20 Women U10m Time Final U20 Women U20 W		4x100m Time Final	U14 Women		60m Hurdle Final	U20 Men
4x100m Time Final         U16 Men         60m Hurdle Final         U20 Women           60m Heats         U14 Women         60m Hurdle Final         U18 Women           60m Heats         U16 Women         60m Final         U18 Men           60m Heats         U16 Women         60m Final         U18 Men           60m Heats         U16 Men         60m Heats         U12 Women           60m Heats         U16 Women         60m Heats         U12 Women           60m Hurdle Heats         U16 Women         60m Heats         U20 Women           60m Hurdle Heats         U16 Women         60m Heats         U20 Men           60m Hurdle Heats         U16 Women         60m Heats         U20 Men           60m Hurdle Heats         U14 Men         60m Heats         U20 Men           60m Hurdle Heats         U14 Women         60m Final         U12 Women           1200m Time Finals         U14 Women         60m Final         U12 Women           60m Final         U14 Women         60m Final         U20 Women           60m Final         U14 Women         60m Final         U20 Women           60m Final         U16 Women         60m Final         U20 Women           60m Final         U16 Women         60m Final		4x100m Time Final	U14 Men		60m Hurdle Final	U18 Men
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Lunch         60m Heats         U12 Men           12:55 PM         60m Hurdle Heats         U14 Women         60m Heats         U20 Women           60m Hurdle Heats         U16 Women         60m Heats         Open Women           60m Hurdle Heats         U14 Men         60m Heats         U20 Men           60m Hurdle Heats         U14 Men         60m Heats         Open Men           1200m Time Finals         U14 Women         60m Final         U12 Women           1200m Time Finals         U14 Women         60m Final         U12 Men           60m Final         U14 Women         60m Final         U12 Men           60m Final         U16 Women         60m Final         U20 Women           60m Final         U16 Women         60m Final         U20 Women           60m Heats         U18 Women         60m Final         U20 Women           60m Heats         U18 Women         60m Final         U20 Women           1200m Time Finals         U16 Women         400m Time Final         U20 Women           1200m Time Finals         U16 Women         400m Time Final         U20 Women           1500m Time Final         U18 Women         400m Time Final         Open Women           60m Hurdle Finals         U14 Women		60m Heats	U16 Women		60m Final	U18 Men
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60m Hurdle Heats         U16 Men         60m Heats         Open Men           1200m Time Finals         U14 Women         60m Final         U12 Women           1200m Time Finals         U14 Men         60m Final         U12 Men           60m Final         U14 Women         60m Final         Special Olympic Women           60m Final         U14 Men         60m Final         Special Olympic Men           60m Final         U16 Women         60m Final         U20 Women           60m Final         U16 Women         60m Final         U20 Men           60m Heats         U18 Women         60m Final         Open Women           60m Heats         U18 Men         60m Final         U20 Women           1200m Time Finals         U16 Women         400m Time Final         U20 Women           1200m Time Finals         U16 Men         400m Time Final         U20 Women           1500m Time Final         U18 Women         400m Time Final         Open Women           1500m Time Final         U18 Women         400m Time Final         Open Men           60m Hurdle Finals         U16 Women         400m Time Final         Open Men           60m Hurdle Finals         U16 Men         1500m Time Final         Open Men           60m Hurd		60m Hurdle Heats	U16 Women		60m Heats	Open Women
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# MANITOBA INDOOR AGE CLASS CHAMPIONSHIPS

February 28, 29, 2020

Saturday, F	eb. 29, 2020- Field E	Events Tentative	Saturday	, Feb. 29, 2020 - Field	d Events Tentative
9:00 AM	Long Jump	U16 Men	1:00 PM	Triple Jump	U16 Women
9:00 AM	Shot Put	U14 Men - Circle 1	2:00 PM	High Jump	U14 Women - Pit 1
9:00 AM	High Jump	U16 Women - Pit 2	2:30 PM	Shot Put	Special Olympic Women/Men C2
9:00 AM	Shot Put	U16 Women Circle 2	2:30 PM	Triple Jump	U16/U18 Men
10:00 AM	High Jump	U18 Jr Open Women	2:45 PM	Pole Vault	Women
10:45 AM	Long Jump	U12 Men -3 Trials	3:30 PM	Shot Put	Jr/Open Women C1
10:45 AM	Shot Put	U16 Men - Circle 1	3:30 PM	Shot Put	U18 Women
10:45 AM	Shot Put	U14 Women Circle2	4:00 PM	Pole Vault	Men
11:30 AM	Long Jump	U20/ Open Women	4:00 PM	Triple Jump	U20/Open Men ( Or earlier )
11:30 AM	High Jump	U14 Men - Pit 2	5:30 PM	Weight Throw	U18/U20/Open Men
11:45 AM	Weight Throw	U18/U20/Open Women	7:00 PM	Shot Put	U20 + Open Men
			7:00 PM	Triple Jump	U18/U20/Sr Women
			7:00 PM	High Jump	U18/U20/Open Men
=	eb. 29, 2020 - Track	Events Tentative			
8:45 AM	150m Heats	U14 Women	5:00 pm	Supper	
	150m Heats	U14 Men	6:00 PM	200m Final	U18 Women
	150m Time Final	U12 Women		200m Final	U18 Men
	150m Time Final	U12 Men		200m Heats	Open Women
	200m Heats	U16 Women		200m Heats	Open Men
	200m Heats	U16 Men		200m Final	U20 Women
	800m Time Finals	U14 Women		200m Final	U20 Men
	800m Time Finals	U14 Men		3000m Finals	U18 Women
	800m Time Finals	U16 Women then Men		3000m Finals	U18 Men
	1000m Time Finals	U12 Girls then Men		4x100m Time Final	U18 Women
	150m Finals	U14 Women		4x100m Time Final	U18 Men
	150m Finals	U14 Men		4x100m Time Final	U20/Senior Women
	200m Finals	U16 Women		4x100m Time Final	U20 /Senior Men
	200m Finals	U16 Men		200m Final	Open Women
	200m Time Finals	Special O Women		200m Final	Open Men
	200m Time Finals	Special O Men		3000m Final	U20 Men
	4x200m Time Final	U14 Women		3000m Final	Open Men
	4x200m Time Final	U14 Men		4 x 400m Final	U18 Women
	4x200m Time Final 4x200m Time Final	U16 Women		4 x 400m Final	U18 Men
	Lunch	U16 Men		4 x 400m Final 4 x 400m Final	U20/Open Women
12:55 PM	4x100m Time Final	Special Olympic Coed		4 X 400III FIIIAI	U20/Open Men
12.33 FW	200m Heats	U18 Women & Men			
	200m Heats	U20 Women & Men			
	200m Time Final	Special O Women			
	200m Time Final	Special Olympic Men			
	800m Time Finals	U18 Women			
	800m Time Finals	U18 Men			
	800m Time Finals	U20/Open Women			
	800m Time Finals	U20 then Open Men			
	800m Sp. Olympic	Women/Men			
	3000m Finals	U20/Open Women			
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